

# Leon County Senior Gazette

August/September  
2010

■ The bimonthly publication of the  
Leon County Senior Outreach Program



■ Sponsored by the Tallahassee Senior Foundation



## Tales from the Schoolhouse

School starts in Leon County on August 23, which inspired us to ask some of our Senior Day participants about their recollections of elementary school.

Woodville resident Howard Hussey grew up in Vermont, and he went to a one-room schoolhouse with one teacher for grades 1 through 8. That teacher didn't hesitate to apply a stout wooden ruler across the knuckles of any student whose behavior was not up to snuff. If you were really naughty, you would stand facing the corner for a couple of hours with a dunce cap on your head.



Howard had to write "I will never do that again" 500 times after he hit the teacher with a paperclip propelled by a rubber band. It hit her "right where she sits down" when she had her back to the class while writing on the blackboard. "Needless to say, I didn't do it again," he said.

During the harsh Vermont winters, the only way to get there was by foot or by horse-drawn sled. "We'd get to school all wet and covered with snow," Howard said. The schoolhouse was warm when they got there because the teacher had arrived an hour or two before school started so she could light up the potbellied stove.

Paul Trusik of Tallahassee grew up in Mahanoy, Pennsylvania, where he walked six miles to school—after he milked the cows on

his family's farm.

Constance Leland, now of Miccosukee, also walked to a one-room schoolhouse in



her home town of Aiken, South Carolina. She'd leave home early to meet up with her friends and play along the way. Their route went right through a cemetery at a big church, and they would take the bows off the flowers on the graves and move them into the woods. On the way home they'd put the bows back.

Bradfordville resident Pat Redig's school memories come from her stint as an elementary school teacher in Lakeland in the 1950s. Pat grew up in Chicago and had considerable difficulty adjusting to her students' ways of speaking. When a little girl explained her absence from school by saying, "We had to carry my brother to the doctor," Pat figured the boy had broken his leg. Later on, a child from Tennessee interpreted for her.



Herb Klepper, also of Bradfordville, went to Public School 99 in Brooklyn, New York, where the principal was a woman named Eudora

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Leon County  
Senior Gazette

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Leon County Senior  
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Fletcher. Woody Allen went to the same school a few years after Mr. Klepper. Imagine Herb's surprise when he discovered that a character in Woody Allen's 1983 movie Zelig is named Eudora Fletcher. In the movie, she's a psychiatrist.

We hope you enjoy good memories from your school days! ●



### Chocolate Squash Cake

This is a good way to use those big squashes that aren't as tender as the smaller ones. We tried it with yellow squash, and it came out light and fluffy with no evidence of the vegetable.

1 cup butter or margarine	3 cups plain flour
2 1/2 cups sugar	1/2 cup baking cocoa
4 eggs	2 tsp baking powder
2 tsp vanilla	1 tsp baking soda
1 cup milk	3/4 tsp salt
3 cups squash, shredded (zucchini, yellow, or any summer squash)	

Cream butter and sugar. Add eggs and beat. In a separate bowl, combine all dry ingredients. Add the dry ingredients to the butter mixture little by little; mix, add some milk, mix; continue until it's all mixed. Add vanilla. Add zucchini. Mix. Pour into a greased 9 x 13 cake pan. Bake at 350° for about 40 minutes. Sprinkle top with powdered sugar or frost with your favorite icing, or try . . .

### Chocolate Squash Cake Frosting

1/2 cup margarine
3 Tbsp cocoa
3 Tbsp cola (Coke, Pepsi, or any other brand you like)
1 box (1 pound) powdered sugar
1 tsp vanilla
1 cup nuts (optional)

Bring margarine, cocoa, and cola to boil. Remove from heat. Mix in other ingredients. Pour over cake while it's still warm (5 to 10 minutes after it comes out of the oven).

Don't forget to bring a canned good to the next Senior Day! Donations benefit the food pantry at Elder Care Services.

**Thanks for your generosity!**



## OCTOBER EVENT ANNOUNCEMENT

## O S W N p

Leon County Senior Outreach  
August - September 2010**Bradfordville**

**Bradfordville Senior Days:** Wed., Aug 11 & Sept 8, 10:30 am - 12:30 pm. **Wildwood Presbyterian Fellowship Hall**, 100 Ox Bottom Road. Suggested \$6 donation for lunch.

**Historic Bradfordville Schoolhouse, 3439 Bannerman Road**

**Draw With Your Eyes, Paint With Your Heart:** Wed, 1-4 pm, Aug 11 - Sept 15 (6 weeks). Skill level beginning/intermediate, \$48 (55+); \$60 others. Registration required. Call 891-4016.

**Lifelong Learning Series:** See page 3

**Senior Fitness Beginners:** Tues. & Thurs., 10:30 -11:15 am, Suggested \$2 donation.

**Senior Fitness Intermediate:** Tues & Thurs, 11:30 am - 12:30 pm, Suggested \$2 donation.

**Senior Fitness - Afternoon Class:** Tues & Thurs, 1-2 pm, Suggested \$2 donation.

**Social Bridge:** Every Mon, 1-4 pm, Suggested \$1 donation.

**Chaires-Capitola**

Dorothy C. Spence Community Center, 4768 Chaires Crossroad

**Chaires-Capitola Senior Day:** Tues, Aug 31 (**Note date change due to elections**) & Sept 28, 10:30 am - 12:30 pm, Suggested \$6 lunch donation.

**Drawing and Painting Workshop:** Wed, 1 - 3:30 pm, Aug 11 - Sept 15 (6 weeks), Skill level beginning/intermediate, \$48 (55+); \$60 others. Registration required. Call 891-4016.

**Senior Fitness Class:** Mon, Wed & Fri, 9:15 - 10:15 am. Suggested \$2 donation.

**Grandparents as Parents (GaP)**

**GaP Aqua Aerobics Class:** Every Monday through August 30, 9:00 am-10:00 am, Jack McLean Pool, 800 Paul Russell Road. Join other GaP participants in a water exercise class. \$2.00 per class. RSVP not required

**GaP Bag and Gab:** Thurs., Aug. 12, 11:30 am-1:00 pm. (no Bag and Gab in September), Tallahassee Senior Center, 1400 N. Monroe, Room 3A. Informal discussion about parenting the second time around with other GaP members .Bring a lunch, or buy a salad bar at the Senior Center for \$4.00. RSVP not required

**GaP Support Evening Meeting:** Tues., Aug. 24 & Sept. 28, 6:00-7:30 pm, First Presbyterian Church, 110 Adams Street. Child care and light dinner provided. **RSVP required!** 891-4008

**GaP Support Lunch:** Wed., Aug. 25 & Sept. 29, 11:30 am-1:00 pm, Leon County Public Library, Program Room A, 200 W. Park Avenue. Lunch provided. Health screenings and legal services available. **RSVP required!** 891-4008

**GaP Fall Resource Fair:** Saturday, September 18, 10:00 am-1:00 pm, Tallahassee Senior Center, 1400 N. Monroe. Local social service agencies with programs that may benefit relative caregivers will provide information and answer questions. We welcome any custodial grandparents and other relative caregivers to join us and learn about the GaP Program and other community services. For information call 891-4041.

Email [wendy.halleck@talgov.com](mailto:wendy.halleck@talgov.com) or call 891-4041 for more information about the GaP Program.

# Calendar of Events

Call 891-4065 or 891-4033 for More Information

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## **Chaires-Capitola (continued)**

**Lo Impact Senior Fitness:** New 6 week session starts Aug 30. Registration required. Call 891-4065. Mon, 10:30 - 11:30 am & Thurs, 10:15 - 11:15 am, \$36 per session.

## **Fort Braden**

Fort Braden Community Center, 16387 Blountstown Hwy.

**Cards for Fun:** Thurs, 1:30 - 3:30 pm, Suggested \$1 donation.

**Fort Braden Senior Day:** Tues, Aug 17 & Sept 21, 10:30 am - 12:30 pm, Suggested \$6 lunch donation.

**Painting with Oils & Acrylics:** Thurs, 2- 5:00 pm, Aug 12 - Sept 16 (6 weeks). Skill level intermediate. \$48 seniors 55+, \$60 all others. Registration required, call 891-4016.

**Senior Fitness Class:** Mon & Wed, 10:30 - 11:30 am, Suggested \$2 donation.

## **Miccosukee**

Miccosukee Community Center, 13887 Billingsley Road

**Miccosukee Senior Day:** Thurs, Aug 5 & Sept 2, 10:30 am - 12:30 pm, Suggested \$6 lunch donation.

**Bus Trip to WalMart:** Friday, Aug 6 & Sept 3, 10:00 am - 12:30 pm, \$2 round-trip.

**Senior Fitness:** Tues & Thurs, 1:45 - 2:45 pm, Suggested \$2 donation.

## **Woodville**

Woodville Community Center, 8000 Old Woodville Rd

**Woodville Senior Day:** Thurs, Aug 12 & Sept 9, 10:30 am - 12:30 pm, Suggested \$6 lunch donation.

**Senior Fitness Class:** Mon and Wed, 8:30 - 9:30 am, Suggested \$2 donation.

**Come Join the Fun!**

## **Leon County Senior Outreach Advisory Council**

The focus of the LCSO Advisory Council is to promote the well-being of seniors in this community and serve as a liaison to the County Commission on senior issues. Meetings are open to the public and citizen input is encouraged.

LCSO Citizens Advisory Council meets from 1 - 2 pm, the 3<sup>rd</sup> Wed. of every other month (Sept. 15) at the Tallahassee Senior Center, Conference Room 3-A. Call 891-4065 for more information.

Leon County Senior Outreach, a program of the Tallahassee Senior Foundation, appreciates the support and sponsorship of many local businesses, some of which attend Senior Day events as exhibitors. However, it is our policy not to endorse, recommend or favor any specific services or products. Attendance at our events does not constitute an endorsement from the Tallahassee Senior Foundation or the Leon County Senior Outreach program.





### Can We Count on Your Support?

Please join the Tallahassee Senior Foundation today! Your contribution pays for programs and enhances services. Thanks for being a "key" to active, healthy aging in our community!

___ \$25 Senior (age 55 plus)	___ \$100 Friends Key Holder	___ \$1,000 Gold Key Holder
___ \$35 Friend (under age 55)	___ \$250 Bronze Key Holder	___ \$2,500 Platinum Key Holder
___ \$40 Senior Couple	___ \$500 Silver Key Holder	___ \$5,000 Diamond Key Holder
___ \$50 Non-Profit Organization		

\_\_\_ Please dedicate my contribution directly to the Leon County Senior Outreach Program.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Make your check out to *Tallahassee Senior Foundation* and send it to:

**Leon County Senior Outreach**, 1400 N. Monroe Street, Tallahassee, FL 32303

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### Ask the Senior Resource Coordinator

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Dear Gazette,-

What should I do if I find a wild animal that seems to be in trouble?

The best thing to do is to call the nearest wildlife rescue center. We have three in our area: in Tallahassee, Goose Creek Wildlife Sanctuary (545-3491) and St Francis Wildlife Association (627-4151); in Crawfordville, Florida Wild Mammal Association (363-2351).



*Baby barn swallow*  
Photo courtesy U.S. Fish & Wildlife Service

If you see a baby bird hopping around on the ground, don't worry. "Many birds leave the nest before they can fly, like kids learning to walk," said Noni Beck of Goose Creek. The parent bird is probably nearby.

Do not approach or try to handle raccoons, foxes, bats, skunks, or bobcats—even the babies—because they are potential rabies carriers. If you find a fawn, its mother may have hidden it while she looks for food, but she won't come back as long as you are nearby. If you can see an injury, call a rescue center.

Never let a child handle a wild animal. Teach children that wild animals are not pets.

Put your own safety first. If you see an injured animal on a road, call for help. Always wear heavy gloves when handling wild animals. They don't know you are trying to help them, and many can inflict severe bites or scratches - even squirrel bites hurt! ●

*Direct your questions about senior resources to the  
Senior Resource Coordinator  
at 891-4043 or [seniorinformation@talgov.com](mailto:seniorinformation@talgov.com)*



Leon County Senior Outreach Program  
Tallahassee Senior Foundation  
1400 North Monroe Street  
Tallahassee, Florida 32303

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**Welcome** to the bimonthly  
Leon County Senior Gazette!

Look for this informative  
newsletter every other month.

Don't forget to check the  
calendar page inside to get  
updated information on all  
Leon County Senior Outreach  
activities.

For more information, call  
**891-4065 or 891-4033**, or  
[susan.davis@talgov.com](mailto:susan.davis@talgov.com).



## **SPECIAL SENIORS**

**Carolyn Faust**



Adventure is where you find it, and Carolyn Faust finds it every day—in far-away countries and other states, around town, at the Senior Center, in her garden. Meeting new people is one of her favorite adventures.

Carolyn loves to travel, and so far she has visited England, Ireland, Wales, Germany, the Panama Canal, and the islands of St. Thomas and St. Croix. Her next trip will be to Ohio and Pennsylvania, the part of the world where she grew up.

This fall she plans to visit Vienna, Austria, to meet the pen pal she's been corresponding with for 15 years. This will be their first meeting in person. Although Carolyn found her friend online, they keep in touch by mail, writing letters and sending postcards that describe their lives, countries, and travel experiences.

Around town, Carolyn participates in many activities offered by the Senior Center, including ping-pong, the Writing for Fun class, pinochle, and tea dances. She won two ribbons for table tennis at the Tallahassee Senior Games. She belongs to a book club. Most of the members are in their 50s; it helps her keep "a younger outlook," she says. On Saturdays she makes the rounds of local garage sales after breakfast out with her daughter.

At her home in northeast Tallahassee, Carolyn planted perennial flowerbeds last year and now enjoys her beautiful pink and red knockout roses, gardenias, purple azaleas, and crepe myrtles.

Wherever she goes, Carolyn shares her enthusiasm about life and sense of adventure with everyone she meets. It's contagious. ●